

# Southwestern Salsa Chicken

**Servings per recipes: 3**

*Each serving = 1 protein, 1 vegetable*

For those hCG Dieters that can combine their vegetables & eat more than two at one meal. Sometimes I also add a chopped orange to this recipe for a refreshing citrusy twist.

## Ingredients

- 300 grams of white chicken breast
- 100 grams of tomato, diced into small cubes
- 100 grams of white onion, chopped finely
- sea salt, pepper, cayenne
- 100 grams of spinach or lettuce

## Directions

- Simmer 300 grams of chicken in chopped tomatoes and chopped onion.
- Season with salt, pepper and cayenne.
- Add a dash of sweetener and simmer till chicken is fully cooked.
- Serve over spinach or lettuce.

